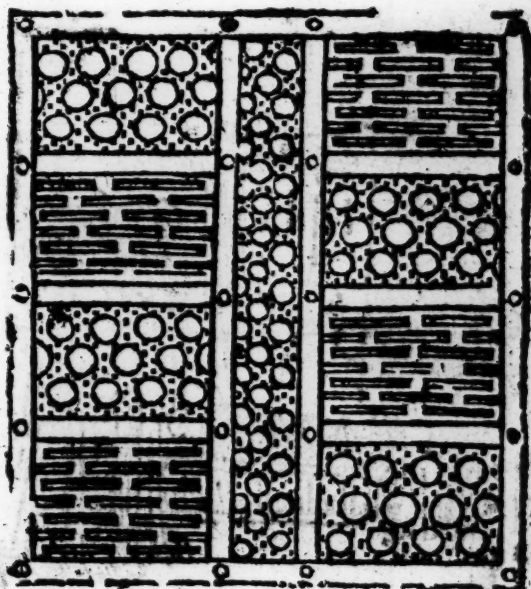






GRACES,

To be said at the Table
before and after
MEAT.

Very necessary for Young
People and Children,

With Morning and Evening
PRAYER.

I COR. 10. 13.

*Whether ye eat, or drinke, or
whatsoever ye do, do all to the
praise and glory of God.*

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In the Morning, when
you arise, Say,

I rise in the name of the father, and of the
Son, and of the Holy Ghost. Amen.

 Our Father which art in heauen,
hallowed be thy name. Thy
kingdome come. Thy will be
done in earth as it is in heauen.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive
them that trespass against us : And lead us
not into temptation. But deliver us from e-
uill. For thine is the kingdome, the power
and the glorie, for ever and ever. Amen.

A mighty and ever lasting God, howchase
(we beseech thee) to grant us perfect con-
tinuance in thy lively Faith: augmenting the
same in us daily, till we grow to the full mes-
sure of our possession in Christ, whereof we
make our confession, saying,

A Booke of GRACES.

I. He that is in the Holy Ghost, is
 made a new creature, and is called
 a child of God, and is made
 conceived by the Holy Ghost, borne of the
 Virgin Mary, suffered under Pontius Pilate,
 was crucified, dead, and buried. He descended
 into Hell, rose againe the third day
 from the dead. He ascended into Heaven, and sitteth
 at the right hand of God the Father Almighty.
 He will come to judge the living
 and the dead.

2. He that is in the Holy Ghost, is
 made a child of God, and is made
 conceived by the Holy Ghost, borne of the
 Virgin Mary, suffered under Pontius Pilate,
 was crucified, dead, and buried. He descended
 into Hell, rose againe the third day
 from the dead. He ascended into Heaven, and sitteth
 at the right hand of God the Father Almighty.

3. He that is in the Holy Ghost, is
 made a child of God, and is made
 conceived by the Holy Ghost, borne of the
 Virgin Mary, suffered under Pontius Pilate,
 was crucified, dead, and buried. He descended
 into Hell, rose againe the third day
 from the dead. He ascended into Heaven, and sitteth
 at the right hand of God the Father Almighty.

4. Thou shalt not make to thy self any gra-
 ve, nor image, nor likeness of any thing that
 is in Heaven, or in the Earth, or beneath
 the Earth. Thou shalt not bow down
 thyself to them, nor serve them: for I, the Lord
 thy God, am a jealous God, visiting the iniquity
 of the fathers upon the children, and upon the
 next generation.

5. Thou shalt not make to thy self any gra-
 ve, nor image, nor likeness of any thing that
 is in Heaven, or in the Earth, or beneath
 the Earth. Thou shalt not bow down
 thyself to them, nor serve them: for I, the Lord
 thy God, am a jealous God, visiting the iniquity
 of the fathers upon the children, and upon the
 next generation.

A Book of GRACES.

the finnes of the Fathers upon the Children,
unto the third and fourth generation; in them
that hate me and shew mercie unto thousands,
in them that love me and keepe my Comman-
dements.

iiij. Thou shalt not take the name of the Lord
thy God in vaine, for the Lord wil not hold him
guiltles that take his name in vaine.

v. Remember thou keepe holy the Sab-
bath day: six daies thou shalt labour and do
all that thou hast to do, but the seventh day is
the Sabbath of the Lord thy God, in it thou
shalt do no manner of work, thou and thy Son
and thy Daughter, thy Men-servant, and thy
Maid-servant, thy Cattel, and the Stranger
that is within thy gates, for in six daies the
Lord made heauen and earth, the sea and all that
in them is, & rested the seventh day, wherefore
the Lord blessed the seventh day, and hallowed it.
vi. Honour thy Father and Mother, that
thy daies may be long, in the land which the
Lord thy God giveth thee.

vii. Thou shalt do no Murther.

viii. Thou shalt not commit Adultery.

ix. Thou shalt not Steale.

x. Thou shalt not bare false witness a-
gainst thy Neighbour.

xi. Thou shalt not covet thy Neighbours
house.

A Book of GRACES.

Denie, thou shalt not covet thy neighbours wife
Nor his servant, nor his maid, nor his ore, nor
his asse, nor any thing that is his.

The Law was given by Mo'es, but grace
and truth came by Jesus Christ. *John 1. 17.*

The Law was ordained by the Angels in the
hand of a Mediatour, *Gal. 3. 19. Act. 17. 53.*

Let thy mighty hand and out stretched arm
(O Lord) be still our defence, thy mercy
and loving kindnesse (in Jesus Christ thy dear
Son) our salvation, thy true and holy Word
our instruction, thy grace and holy spirit, our
comfort and consolation, unto the end, and in
the end. So be it.

The Lord bless us and save us, the Lord
make his face to shine upon us and be mer-
ciful unto us: and grant us his peace. Amen.

The grace of our Lord Jesus Christ, and the
love of God, and the most comfortable fel-
lowship of the holy Ghost, be with us all.
Amen.

Sundry.



Sundry *Graces* to be used before Meates.

Grace before meat.



Almighty GOD, Father of
our Lord Iesus Christ, we
beseech thee to haue mercy
upon us: blesse (O Lord)
these thy good Creatures
which thou hast provided for
our sustenance; and giue us
grace to be thankfull unto thee for the same,
and all other thy blessings bestowed upon us,
through Iesus Christ our Saviour. Amen.

Grace before Meat.

Blessed God, which by thy word hast fram'd
the world, and all things contained therein;
we humbly beseech thee to haue mercy upon us;
make us thankfull unto thee for these thy good
gifts which we are about to receiue at thy boun-
tiful hands, through the merits of our Lord
and Saviour Iesus Christ. Amen.

Grace.

A Book of GRACES.

Graces before Meat.

Good Lord blesse us, and these thy gracious
Gifts which thou hast provided for us to
strengthen and nourish our weak bodies, where-
by we may be refreshed and comforted: & grant
that as we grow in strength by them, so like-
wise we may increase in grace (that after this
life ended, we may be partakers of thy heavenly
Table, through the mediation of thine only
Son our blessed Lord and Saviour. Amen.

Grace before meat.

Glorie be unto thee, and praise be given to thee,
O Lord, which hast fed us from our tender
age, and givest sustenance to every living
thing, replenish our hearts with joy and glad-
ness: that we always having sufficient, may be
rich and plentiful in all good works, through
our Lord Jesus Christ. Amen.

Grace before Meat.

Great God, which hast the power in the holie
Sonne (thou hast increase and multiply the
size of the pure Wisdom beys, we beseech thee
these our meats and drinks, and increase in us
the knowledge of thy truth, in love & obedience,
that we having a lively faith in thee, we may
ever.

A Booke of Graces.

ever serbe and honour thee, in all our thoughts
and actions, through Iesus Christ our onlie
Lord and blessed Saviour. Amen.

Grace before Meat.

I Almightie and everlasting God, which for us
hast touched and touched our hearts, and
thy treasures and made them fit for our use
and sustenance, grant (we humbly beseech thee)
that with moderation and temperance, we may
so taste of these thy benefits here present before
us, that we may ever hereafter be made more
willing and able to do thee service, through Je-
sus Christ our onlie Lord and Saviour Amen.

Grace before Meat.

Let us with loving & obedient hearts pre-
pare our selves to give all humble thanks
unto our heavenly Father, who of his most
bountifull goodnesse, hath beare prepared meat
and drink for our necessity in hunger to give
us an example of like kindnesse, his love to
our poore neighbours, redeemed by Christ Je-
sus, who ever bleesse us and these his gifts that
hath our eating and drinking and speaking may
redound to the glory of God through the merit
of Iesus Christ our Lord and onlie Saviour.
Amen.

Almightie

A Booke of GRACES.

Grace before Meat.

O Almighty and euerlasting God, towh
by thy foreknowledge dost see the begin-
ning, middle, and end of all the workes of thy
holp hand, and didest make man according to
thine owne Image, and brethedst into h'm an
immortall soule, and gapest him understanding
to know thee to be his God, and Creator of all
things in heauen and earth, and didest ordaine
man to be Lord over the workes of thy hands,
and to receiue all things necessary for the
sustentation of his mortall body (of thy goodness)
with thanks giuing, we mo^t humbly beseech
thee, of thy mercifull goodnesse, to blesse and sa-
tisfie us with thy holp p^resence, that we may be
the more moued to be thankfull unto thee for all
the good gifts which we receiued at thy mercif-
full hand, through Iesus Christ our onely Sa-
biour. To whom, with thee (O Father) and
the holp Ghost, be all honour, praise and glory,
for euer and euer. Amen.

Grace before Meat.

O Father of mercy, and God of all consol-
ation, which hast created us for thy glory,
and these y^e good Creatures for our use : blesse
and sanctifie them (we beseech thee) that by the
moderate

A Booke of GRACES,

moderate receiued thereof, our bodies may
be nourished, and thy name ever more and more
praised through Iesus Christ our onely Lord
and blessed Saviour. Amen.

Grace before Meat;

O Iesus Christ the Sonne of God, that for
our sakes didst die, and sheddest thy most
precious blood for the forgiveness of our sins:
bless thou our Meat and Drink which we pur-
pose to receive in thy name and assist us (O
Lord) with the grace of thy holy Spirit, to amend
our lives, that according to thy holy and pure
Gospel we may live to thy glorie, and profit of
our Neighbour. And when the dayes of this our
Pilgrimage shall be ended, grant us to rest in
thy peace, that we may at the day of Judgment
have joyfull resurrection unto everlasting life,
through thy most precious death, which art
the onely Sonne of God, and our everlasting
Saviour. To whom with the Father and the
holy Ghost, be all honour, glorie and praise, for
ever and ever. Amen.

Grace before Meat.

O Mercifull Lord Iesus Christ, which didst
take five Loaves and two Fishes and ble-
ssing up these unto heaven, didst distribute
them

A Booke of GRACES.

them unto the people, and they all do eat and
were thus doing: Now the thousand men
blessed women and children: the benefit that do
to bleſſe theſe giſts which we are about to re-
ceiue at the hands, and us alſo, that they may be
to the comfort and health of our bodies, and to
us (to them and all other the benefits) be
ever in the ſpiritual world: So ſhall we
the Father and the ſonne, God, be all honour
and glory for ever. Amen.

Grace before Meat.

The Lord of all things be thou up and
in the (O Lord) who art the Father of
mercies, who art the Father of
the living God, who art the Father of
us, and all the world, which we are
about to receive of thy ſonne's liberalitie,
through Ieſus Chriſt our Lord. Amen.

Grace before Meat.

The Lord of all power, who hath called from
death the great Father of the (O Lord)
Jeſus comfort and defend the Flock
which he hath redeemed: Increase the number of his
ſervants: repelle the rage of our enemies
and cruel ſtrife: mitigate and ſweeten the
hearts

A Book of GRACES.

hearts of the ignorant: release the paines of such as be afflicted, but especially those that suffer for the testimony of a good Conscience: And finally, confound Satan by the power of our Lord Jesus Christ. Amen.

Grace before Meat.

Thy Name (O Lord) be praised for all the benefits that thou most graciously hast bestowed upon us for feeding our feeble bodies when they are hungry, with plenty of thy good Creatures and strengthening the imperfections of our members, by vertue of thy mighty power, so that all and euerie part of us, are hereby made apt and fit to follow our callings; And like continuall thanks be given unto thee (O Lord) for all thy mercifull blessings, thou bountifull bestower upon us, in preserving us (both bodie and soule) euen from the beginning of the world to this present, and from all these calamities and temptations which we are incident unto through the frailty of flesh, and imperfection of nature: whiche grace we give, we acknowledge to haue receiued of thy mercifull goodness, and for the merit of our Lord and Saviour: In whose name we render thee all power, praise, and thanks, from this time forth for euer more. Amen.

Grace.

A Book of GRACES.

Grace before Meat.

Wherher ye eat or drink, or whatsoeuer ye do eile, let all be done to the praise of God; to whom we beseech to blisse us with our meat and drink, through Christ our Lord Amen.

Grace before Meat.

Christ which at his last Supper gave himselfe unto us, promising his body to be crucified, and his blood to be shed for our sinnes, blisse us and our meat. Amen.

This prayer may be annexed to the end of every Grace, especially those which be the shortest.

God preserve his Church, God blisse the Nobility and the Commons: God defend the labourers of the Gospel, and make us all faithfull in the same: God send the Gospel a ioyfull and free passage throughout the world, that every one may like uprightly in their calling, to the glory of God, through the merits of our Lord and Saviour Jesus Christ. Amen.

Godly

Godly GRACES to be
said after Meales.

Grace after Meate.

All Glorie, honour, and immor-
tall praise, be giuen unto thee
(O eternall God) the which
hast fed us these sinners e-
uen from our Creation in our
Mothers wombe. We be begot-
ten, conceived and borne in sin O Lord haue
mercy upon us we beseech thee, forgive us our
sins, illuminate our hearts and assist us with
thy holy spirit, to consider that we receiue all
things needfull both for our soules and bodies
euen at thy hand, and to giue thee most heartie
thanks, and continuall praise for euer, world
without end. Amen.

Grace after Meate.

Father of bounty, and God of our strength,
from whose liberal hand we haue receiued

A Book of GRACES.

this nourishment of our earthly bodies, grant
that the fullness thereof may not breed in us a
fullness of spirit, or neglect of thankfulness, but
that we may be more and more inflamed to
serve thee, and bring forth the fruits of a lively
Faith by our thanksgiving, through Jesus
Christ our Lord and onely Saviour. Amen.

Grace after Meat.

Grant (O most mercifull Father) that
our hunger & thirst being satisfied with
the moderate use of these thy good gifts and
Creatures satisfied with thy holy word, we
may both in body and mind be apt and able to
doe good works, to the glory of thy most holy
name. Amen.

Grace after Meat.

Honour and praise be given to our hea-
venly Father, by whose liberality our
bodies here are not onely refreshed, but also
most mercifullly hath given us his onely Son
our Saviour Jesus Christ, to feed our mour-
ning soules with his precious body and blood,
shed on the Crosse, which is the lively bread,
meat and drinke to every true faithfull peni-
tent soule: wherefore let us continually praye
for grace, that with his heavenly food we may
spiri.

A Book of GRACES.

spiritually be made strong in all good and godly
workes, as lively members of Iesus Christ
whom be all power, honour and glorie, now and
ever, world without end. Amen.

Grace after Meat.

O Lord God Almighty and most dear Fa-
ther, thou hast not onely given unto us
meat and drinke to sustaine these our mortal
bodies, but thou hast likewise given unto us
thy blessed word, which is the onely food of our
immortal soules, through our Lord and Sa-
viour Iesus Christ, to whom therefore with
thee and the Holy Ghost, be all honour, praise
and thanks, for ever and ever. Amen.

Grace after Meate,

O Lord, which art the Creator of all crea-
tures, and hast prepared food for them
according to the nature of their Creation: we
most heartily thanke thee, for these thy crea-
tures, which at this time we have received in
thy name, beseeching thee (O Father) that as
our bodies are now by these gifts refreshed:
our soules may be also nourished with the food
of everlasting life, in thy most holy Testament
confirmed with the blood and death of Iesus

A Book of GRACE.

Christ thy sone our Saviour. To whom with
thee and the holy Ghost be al honour, gloze and
praise, for ever and ever. Amen.

Grace after Meat.

O Most gracious God, and louing Father
in Christ Iesus, who by thy mightie
power and mercifull goodnesse, hath created vs
of no thing, and given us a perfect being, and
hauing lost all happinesse, hast restored us to
grace through thy mercy, and now at this time
by thy mightie providence presently fed us, for
whiche thy name bee blessed and praised both
now and for evermore. Amen.

Grace after Meat,

Thanks bee unto the (O Lord God Al-
mighty, most dear Father of Heauen) for
giving us our food in due season, for opening
thy mercifull hand, and filling us with thy
blessing. And we beseech thee for thy Sonnes
lake Iesus Christ, not onely to preserve us al-
way from abusing the same: but also to send us
thy grace: that we may ever be thankfull unto
thee: & herefor. Amen.

Grace;

A Book of GRACES.

Grace after Meat.

THanks be unto thee (O Lord God Almighty, most dear Father of Heaben) for certifying us by thy blessed word, that all kinde of meat is cleane. And we beseech thee send us thy grace that we may alway thankfully receiue the same, not onely without superstition or scrupulosity of conscience, but also without grieving or offending our brethren, and so to walke in the way of Godly liue and charity, that with our meat we neuer destroy him for whom thy Sonne Iesus Chrizt died as well as for us.

Grace after Supper.

THanks bee unto thee O Lord God Almighty, most dear Father of Heaben for ordaining thy creaturs to be the food and sustenance unto our bodies, and hast sanctified them by thy blessed word, we beseech thee make us to increase in stedfastnesse of thy Faith in perfect knowledge of thy Truth, and in continuance of Prayer unto thee, that to us also they may be sanctified and holy, and that we may euer thankfully receiue them, to the glory of thy holy Name. Amen.

A Booke of GRACES.

Grace after Meat.

The God of peace and love bouchtase al-
waies to dwell with us & thou Lord haue
mercie vpon us, whoe habing satisfied our hun-
gry appetites with corporall food (the nourish-
ment of our weak bodies) wilt be pleased also to
feed our soules with the blessed rest & comfort of
thine eternal word, that we being made mem-
bers of that body of which Christ Jesus thy son
is head, may learne thee in all truth & faithful-
ness, both to the end, and in the end. Amen.

Grace after meat.

The God of peace and love, bouchtase al-
waies to dwell with us and thou Lord haue
mercy vpon us glorifye & praise be given
to thee O Lord whiche hast fed us from our ten-
der age, and givest sustenance to ebery living
thing, replenish our hearts with joy & gladnesse
that we alwaies habing sufficient, may be rich
and plentiful in all good wordes, through our
Lord Jesus Christ. So be it.

Grace after Meat.

We thank thee, O most mercifull Lord
and Saviour Jesus Christ, for the
gifts wherewith we haue refreshed our hungry
bodies, and like as thou hast now given us
meat needfull to the comfort and health of our
bodies:

A Book of GRACES.

bodies: so we beseech thee al waies to giue us
the word, that it may euer be to the comfort and
health of our soules, which liuest and raiuest
with the Father and the holie Ghost world
without end. Amen.

Grace after Meate,

Whatsoeuer you be in word or deed, do
all in the name of our Lord Iesus
Christ, giuing thanks unto God the Father by
him, to whom all blessing, glory, wisdome,
thanks, honour, power, and might be rendered,
for euermore. Amen.

Grace after Meate,

We thank thee (O heauenly Father)
that of thy abundant goodnesse hast this
day sent us food in due season to nourish these
our mortall bodies with, beseeching thee also of
thine infinite mercy to pardon and forgive all
our offences; which we have committed against
the diuine Maiesie, that we may this night rest
in thee with quiet Conscience, abiding thy holy
hand in the morning, to raise us to do the thing
which shall be pleasant in thy sight, to thy glory
and our soules health Grant this (O Father)
for thy dearely beloved Sonnes sake Iesus
Christ our euer lasting Saviour. To whom
with thee and the holy Ghost, be all honour glo-
ry and praise for euer and euer. Amen.

A Booke of GRACES.

Grace after Meate.

We render thee all laud and praise
(most loving Father) for thy gracious
labour in feeding our bodies at this present with
sufficient nourishment, and for all other thy gra-
cious comforts communicated unto us, where-
by wee are refreshed and cherished; so that
through thy merite wee are enabled the better to
serue thee, and glorifie thy name, and made
more apt to follow our callings which thou hast
appointed us: for which wee returne thee all
praise and thanks, now at this time and for
evermore. Amen.

This Prayer may be joyned to any Grace
whatsoever.

God save his universal Church God com-
fort all that are comfortles, and continue
his Gospel amongst us, and send us Peace and
Truce in Christ Iesus our Lord and only ble-
sed Saviour, and God forgive us all our sinnes
Amen.

Here



Here follow divers Fruit-
Full GRACES in Meeter.

Grace before Meat.



Almighty Lord and eternal King,
Which made the Heavens and
every thing.

Grant unto us that perfect be,
To tast the food that here we see,

As things repair'd for natures need.

For thou (O Lord) hast so decreed,

And to be thankfull for the same,

Raising for aye thy holy name.

Preserve the universall Church,

our Common-wealth defend :

Grant that thy people may enjoy

thy peace unto the end. Amen.

All

A Book of GRACES.

Grace before Meat.

All you that here present be,
and do intend to eat :
Praise well what gods word saith to ye.
of this your feed and meat.
Eat with not (as Saint Paul both say)
to God the near us bring :
Oe if we eat nothing, it may
us hinder any thing.
But take you heed your liberty
be not offence to other :
For repeat do you that willingly
whereby to hurt your brother.
Therefore pray we to God on high,
that he will give us might,
To do doe all things to edifie,
and keep his Lawes aright,
And give us and our meate also,
and make us all accord :
That we may love both friend and foe,
and praise our God the Lord.

Grace before Meat.

All ye that now here present be,
Lift up your hearts to God with me,
Praise ye his name with heart and mind,
For those his gifts which we here find.

To

A Book of GRACES.

To feed our bodies he hath them sent:
Our wicked liues let us repent,
Desiring him our soules to feed
With heavenly food which we doe need.
Amen.

Grace before Meat.

ALL things that now be in this world,
are nothing else but vanity:
And very great the number is
that are oppressed with misery:
Be louing unto them therefore,
and mercy to them shew:
For when that death approacheth you,
your head shall be full low.
Then will it be too late for you,
mercie to aske and haue:
If that you turne your eares away,
when that the poore doe craue.
Cease not therefore to doe them good,
while that yee here remaine:
For they are bought with Christ his blood,
and that shall be our gaine.

God Lord bless us, and all that we shall
receiue of thy goodnesse.

As

A Book of GRACES.

Grace before meat.

A to the sick all pleasant things,
have still unsatyrish taste,
So shall Gods gifts be unto us,
if we helpe the to waste.
Take heed therefore, saith Christ our Lord,
that surfeiting you shun,
Let not your hearts with banquetting
be delyved and overcome.
Receiue Gods gifts with humble thanks,
and natyres weaknesse feed:
When you have done remember those
which want and stand in need.
So God shall blesse and eke increase
your basket and your store,
And geve you life in Christ our Lord,
which liues for evermore.

Grace before Meat.

A span is made a Soberaigne Lord,
and Prince alone to raigne:
To whom as subiects, Fish and Fowle,
are made to bring as game:
Both land and beasts, both beech and tree,
both gold and silver pure
The wind, the aize, both Sun and Moon,
for ever to endure:

And

A Booke of GRACES.

And as they serbe him at his need,
as Subjects in their bind,
For wealth, for ease, and for food,
to cheere his weary mind,
And none of them deny his will,
as Gods appointment is,
So now that man doth them excell,
we may discern by this.
He hath a soule which must haue raigne,
in life when flesh is dead,
which must with spirituall food of life,
continually be fed,
For yet with bread materiall,
compass'd with cozne and graine:
But with the word and flesh of Christ,
it must be fed certaine,
For which as for the rest men ought,
most cheerefully to giue praise
To God and Christ, which succour is
to us at all assaies.
Therefore to God for food and strength,
and wealth abundant store,
And for the hope of lasting life,
be praise for evermore. Amen.

Grace before Meat.

Give thanks to God with one accord,
for that shall be set one this boord.

And

A Booke of GRACES.

And be not carefull what to eat ;
to each thing liking the Lord sends meat.
For food he will not see you perish,
but will you feed, foster and cherish.
Take well in worth what he hath send,
and at it is time be therein content,
praising God Amen.

Grace before meat.

Mans life preserved is by food,
as God hath well decreed :
But on Gods grace and holy word;
our soules must daily feed :
Through want of food materiall,
the body soone doth pine :
So will the soule if long it lack
her spirituall food divine.
To the be praise then Father deare,
which at this time hath sent,
Both for the soule and bodys food,
the Children to content.
And we beseech the Christ, the Church,
our Nobility and State to save :
That by there life in place long time,
the Gospel we may have. Amen.

A Book of GRACES.

Grace before Supper.

MAn lieth not euellie (Christ deeth say)
by his materiall bread :
But sure by ebery word of God,
'tis wherewith he is fed.
From earth springs food man's bodie to feed,
but Christ came from one high :
Which is the bred of life, that can
our soules aye nourish.
He gave his flesh and shed his blood,
at his last Supper sure :
And who so feed on him by Faith,
shall lastingly endure.
Christ Iesus blesse our supper now,
and worke in us thy grace :
And save the Church, our State defend,
and soon thy foes deface. Amen.

Grace before Meat.

OF Dives and Lazarus,
the Scripture telleth plaine,
How Dives lieth in wealth and ease,
and Lazarus in great paine.
The rich man he was clothed well,
and fared of the best :
But Lazarus with hunger great,
could have but little rest.

But

A Booke of GRACES,

But full of sorow lay crying still,
but some man to releibe him.
With trums that fell from Dives Table;
whereof no man did giue him.
Thus perished poore Lazarus,
and that for lack of food:
And also that rich glutton died,
for all his worldly good.
Therefore all ye that present be,
remember this thing well:
That how this man unmercifull
is buried now in hell.
From the which fiery torments great,
the Lord us all deliver:
And grant we may be mercifull,
while we liue heere to gether,
Then that we rainge with Lazarus,
with ioyes that be indurable,
Euen by the blood of Iesus Christ,
for health most profitable,
Now therefore Lord we thee beseech,
to make us all consent,
To pittie those that haue most need,
and eke our sins repent. Amen.

A Booke of GRACES.

Grace before Meat.

O GOD that art our righteousness,
Lord heare us when we call;
Of thy goodness we pray the blisse
both us and our meate all:
So that we do not use the same,
but only is our need;
wherefore we praise thy holy name,
in thought, in word, and deed. Amen.

Dust, Earth and Ashes is our strength,
our glorie fraile and baine:
From Earth we come, to earth at length
we shall returne againe:
To day we feed on flesh of beasts,
of fowls and other fish
To morrow for the crawling wormes,
our selues become a dish:
Now thus we may behold and see
our frailty what it is:
Let Faith and Prayer be the way,
to bring us into blisse. Amen.
The whole estate of Christ his Church,
our Souerainty, of this Land all
God mightily preserve and keep
fre from force of mortal foe.

A Booke of GRACES.

Grace before Meat.

Recieve your Meat without grudging,
Take heed ye never abuse the same:
Give thanks to God, for every thing,
And alwayes praise his holy Name.
Who doth not so, is foz to blame;
No ehill example see that you give,
Thus doth Gods Word teach us to live.

God save his Church unto the end,
God grant we may our lives amend, Amen.

Grace before Meat.

The Lord, that did all things create,
foz Man to serbe him at his need,
Blesse all that whiche we drinke o: eate,
and give it strength our flesh to feed,
Foz whatsoeber shall nourish in deed,
whether it be good foz man o: beast,
must by his mighty power be bled.
And sith we have an inward Man,
whiche by no meanes, obtaine we can
but by him that is heavenly bread,
And eke of spirituall things the head,
Let us still feed on him in mind,
that gave his flesh to feed man-kind:

Thus

A Book of GRACE.

Thus doing we shal runne our race,
with out the want of any food:
And at the last come to that place,
that promised was to Abrahams brood,
And by faith wash in Christ his blood:
where euermore we shall him see,
That is our God in persons three.

O Lord preserve in health and peace,
the Stability of this Land:
The holy Spirit in them increase,
that they may be a true guide unto this Land.
A Sword to cut off Poperie cleane,
that they and we may hold that truth,
which they have lobed from there youth.

Grace before meat.

To eat and drinke doth small availe,
the world is all but baile:
Except the Lord our hearts do guide,
our pleasures are but pain.
Grant us therefore, O Christ, that we
may all with one accord,
Not lye to eat, but eat to live,
and lye to praise the Lord.

Shorr

A Book of GRACES.

Short Graces for young Children, when
they first begin to speak.

Grace before Meat.

O Lord our God, to thee we pray,
to bless our food which thou dost send
And make us true thy Lawes obey,
so that we may our lives amend.

Grace before Meat.

The Lord of love and God of peace,
for all good things that gives increase,
Do bless us all and all our food:
As that we may be in good. Amen.

Grace before Meat.

He that is King of Glorie,
and Lord over all:
Bring us to the banquet
of life eternall. Amen.

Grace before Meat.

Though thou be high,
and Table full of food,
Yet are you humble,
be thankful for all.

Sund



Sundry Graces in Meeter to
be said after Meales

Grace after Meales

A Father is great, whose life is long,
his power is our Father, so we
He feeds his corps and thinks to live,
yet dead within an houre

It is not flesh of beasts nor fowle
that can sustain the mortal soule
nor food of beasts nor fowle
nought else can sustain

Then feed our soules, most precious Christ,
with thy blood and life to us

That thought our flesh to earth perished
our soules are to thine eternal
O keep the Church, O keep the Church
in Christian love and peace:

And let thy Kingdom come with speed,
to all joyes increase.

Grace be to all
and to all kind and people be the Lord,

A Father is great, whose life is long,
his power is our Father, so we

He feeds his corps and thinks to live,
yet dead within an houre

It is not flesh of beasts nor fowle
that can sustain the mortal soule
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our soules are to thine eternal
O keep the Church, O keep the Church
in Christian love and peace:

And let thy Kingdom come with speed,
to all joyes increase.

A Book of GRACES.

Which teacheth those that able be,
whom thou hast blest with store.
To ease them that have need of help,
when they doe aske therefore.
Both as the bread our bodies need,
our soules to feed thy word
which thou dost give that we may live.
thanks be to thee O Lord. Amen.

Grace after Meat.

As thou hast fed our bodies Lord,
to feed our soules like to bread.
And make us mindful of the poore,
as riches doe us.
Increase thy flock, preserve our Church,
the grace and peace to send,
that we may lead a godly life,
and make a faithfull end. Amen.

Grace after meat.

For food and health and all the rest,
O Lord be thanked and praised blest
with his grace to store us still,
that we sturbe not way from his will,
Our Nobility God keep, be our Patron God,
and grant us long good friends to have. Amen.

A Book of GRACES.

Grace after Meat.

L He as thou hast (Almighty Lord)
refreshed us with thy here
with meats made holy by thy Word,
so let thy grace (O Lord) appear,
to make us mindfull of the poore,
which liues in mee and great distresse,
And to be thankfull euermore,
for these thy gifts, and all goodnesse,
which we confesse proceed from thee,
to whom be praised eternally. Amen.

Grace after Meat

Now let us pray unto the Lord,
And yeld him thanks with one accord
For that which we receiued haue,
Though nature no such plenty crabe.
Such bound we are to God above,
Who hath bought vs to lobe,
That from a mortgage the rest that went,
We take repast where is no scant.
Lord grant us mindfull for to be,
Of such that liue in povertie.
For we confesse it pleased God,
We might with them tast of his red.
God save the Church and Commons of this Land
God send us peace in Christ. Amen.

C 4

O Lord.

A Book of GRACES.

Grace after Meat.

O Lord, we thanke thee for this food
we haue receiued of thee,
Lord grant us grace our liues to lead,
more thankfull for to be. Amen.

God save his Church the Pope defend:

God send us peace in Christ, Amen

Grace after Supper.

Our daies do passe as this day now
is come unto an end:

But Gods good grace shall neuer faile
his Children to defend;

As thus our Supper Christ hath blest,
in joy to end the same:

So we beseech our Father dear,
in Jesus Christ his name,

That we may be participers,

(whom he hath bought to dear)

Of his great Supper, where his face
shall shine on us most clear,

When as the Lamb shall make his feast
in Heauen where is such bountie:

Of which we haue tasted once no doubt
shall neuer hunger more.

To.

A Booke of GRACES.

To thee be praise, O God and Ch. A.
the little flock defend:
Preserue our Land and come with speed,
our troubles to amend. Amen.

Grace before Meat.

THanks be to God in Heauen above,
for he hath fed us well:
God graunt us grace from heauen above,
to feed our selues as well.
Repentance witth the froth thereof,
that we neuer forget:
Tender (O Lord) the holy Church,
and Kites in it set,
And euer more upon England,
thy grace and truth down send:
That it may be the Word and Grace,
all sinfull soules amend.
And finally all such as be
afflicted for thy Word:
Comfort them by the holy Ghost:
Through Iesus Christ our Lord. Amen.

Grace

A Book of GRACES.

Grace after Meat.

O Blessed God through Iesus Christ,
that feedst us ever more:
Gibe us thy grace, that we alwaies,
may gibe thee thanks therefore. Amen.

Grace after Meat.

O Lord God the benefits,
whereof we have had store;
wee knowledg all to be thy gifts,
to thee be thanks therefore. Amen.

Grace after Meat.

Let us gibe thanks to God our Lord,
that feedeth us alway:
Wee thank him that with his Word,
like wise he fed we may.

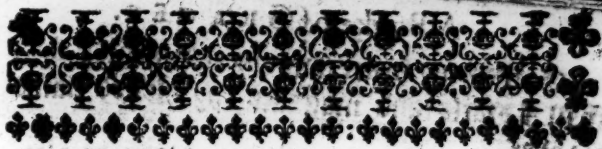
Grace after meat.

For Meate, Drink and us,
thanks be giben to our Lord Iesus.
Amen.

Who useth not often before meat to pray:
Nor thanks to God after, but so goes his
way
He sitting or rising, so lettng Grace passe
Doth eat like a swine, and departs like an
(Assc.

Here ends the Book of Graces.

Evening.



Evening PRAYER.



GOD of Angels and Men, the
founder of all Creatures both
visible and invisible, in whose
hand is life & death; I beseeched
sinner (unworthy of thy bene-
fits) most humbly beseech thee
to blesse me, and with thy holie Angell assist
me this night, which hast made me of earth &
doest nourish me by thy creatures: pardon me,
which have so offended thee, in thought, word
and deed; and grant me grace hereafter to
feare thy wrath and heaby displeasure, for the
blessed Sonns sake, our Lord and onelie Saviour
Jesus Christ. Amen.

Our Father which art in Heaven, &c.

O Lord mercour us, shew me the light of thy
countenance, in thee my soule trusteth, and
my heart rejoyceth.

W gibe me understant lag and I will keep thy
Law, yea I will keep it with my whole heart.

Or else

Incline my heart unto thy righteousness, O Lord
 shall I praise and magnifie thy blessed name
 for ever.

According to the greatnesse of thy mercies,
 O God forgive me my finnes.

Remember not the number of my finnes, but
 according to the multitude of thy mercies, deli-
 ver me from the paines due to them. Grant this
 O Saviour for thy mercies sake.

Teach me to number my daies, that I may
 apply my heart to learn thy wisdom: and so
 strengthen me with thy holie spirit, that I
 may be not from the law.

Woe! not that I have deserved, but
 can to remembrance thy tender mercies which
 have been ever of old and call me not from thee
 in thy beaue dispensations, least I be comforted
 and brought to naught: Hear me for thy mer-
 cies sake.

Unto thee I stretched forth mine hand, O Lord
 bring of thee thy mercie: Incline therefore thine
 ear unto my calling, and consider the request
 of my heart.

Lighten me the servant, with the bright
 lamp of thy holie spirit, thereby to drive the
 houle of sin with all the lusts thereof, that I
 may be not obedient in will and mind to the
 law of sin.

2 A Booke of GRACES.

Dear Saviour, to whom it is most easie to
do all things, then for me to thinke any one
good thought, give power unto thy servant, that
I may with a strong Faith, vanquish and sub-
due whatsoever may cause me to rebel against
thy blessed will.

Exceeding true it is, that Every one that
saith, Lord, Lord, shall not enter into the
Kingdom of Heaven, *Mat. 7. 21.* Strengthen
me therefore thy servant, I beseech thee, with the
Power of thy right hand, against all the mali-
ciousness of the old wily Serpent. Replenish
my heart with thy wisdom, and comfort my
soule with thy sweet, comfortab'e and health-
full promises: and let thy mercies heale mine
infirmities.

Yet once again I call upon thee in these my
meditations: O let thine ear be open to heare
the Prayers which I thy servant make unto
thee this day: and grant that I may alwaies
aske of thee in such sort as thou requestest, to the
honour, praise and glory of thy name, to the
furtherance of thy word, the profit of my neigh-
bour, and to my consolation and comfort: through
the merits of thy bitter death and passion.

Glory be to the Father, and to the Son,
and to the holy Ghost.

As it was was in the beginning, is now &c.

Debe

A Book of GRACES.

Save us (O Lord) waking, and keepe us slee-
ping, that we may watch in Christ, and
rest in peace. Amen.

When you are ready to goe into your
Bed, Say,

I Go to Bed as to my Grave,
God knoweth when I shall wake:
My trust is, that my Lord and God
will mercy on me take.

When you are lying down in your
Bed, Say,

I Lie down, in the name of the Father,
and of Sonne, and of the Holy Ghost.
Amen.

F I N I S.





